

Skating School Curriculum

Beginning Skate	Pre Alpha	Alpha	Beta	Gamma	Delta
Proper way to fall on ice	Two Foot glide	Strong Forward & Backward Swizzles	Smooth Forward Stroking	Smooth Backward Crossovers	Alternating Backward Crossovers
Proper way to get up on ice	Beginning Stroking	Forward Stroking	Forward Crossovers - no toe pushing	Strong back Stroking	4 Outside Skating Edges
March in place	6 Forward Swizzles	Quick Two Foot turn	Back Stroking	Intro to Skating Edges - on circle	4 Inside Skating Edges
Scooter Push across rink	Two Foot Turn	One Foot Glides	Back half Swizzles across rink	Outside 3 Turn - from stand still	3 Turns while moving inside & outside
Beginning Forward Stroking	10 Backward Wiggles	Scooter Pushes on circle	Back half Swizzles in circle	Inside 3 Turn - from stand still	Hockey Stop
Single Forward Swizzle	6 Backward Swizzles	6 Forward Crossovers - right over left	Back half Swizzles with Beginner Crossover	Beginner Mowhawk - from stand still	Mohawk sequence - 7 steps, both directions
March with Two Foot Glide	One Foot Glide	6 Forward Crossovers - left over right	T Stop	Beginner Lunge	Strong Lunge
Two Foot Snowplow Stop	T Positions	One foot Snowplow stop	Two Foot Turn on curve	Beginner Sprial	Waltz Jump - from backward crossovers
Zig Zags	Crossover Walk	Zig Zags into Beginning Spin	Beginner Lunge	Bunny Hop	Backward Crossovers into Two Foot Spin with push back
Dip	Half Swizzles	Beginning Jump	Beginner Sprial	Intro to Waltz Jump - from stand still	Tap Toe Jump
	Half Swizzles with One Foot Glide	Lunge position - on wall	Two Foot Spin with push back	Backward Crossovers into Two Foot Spin	Pivot Spin
	Beginning Spin	Sprial position - on wall			Intro to half Flip position
		Beginner T Stops			